

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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A364 – CHERRIES, FROZEN, RED, TART, PITTED, IQF, 40 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B cherries, individually quick frozen (IQF), no sugar added. Pit score of Grade A, allowance: 1 pit per 160 oz.
PACK/YIELD	<ul style="list-style-type: none"> 40 lb case. One 40 lb case AP yields about 70$\frac{1}{8}$ cups thawed, drained cherries and provides about 280.8 $\frac{1}{4}$-cup servings thawed, drained cherries OR about 457.4 $\frac{1}{4}$-cup servings of thawed cherries and juice OR about 236.7 $\frac{1}{4}$-cup servings cooked fruit and juice. One lb AP yields 0.70 lb (about 1$\frac{3}{4}$ cups) thawed, drained cherries and provides about 7.0 $\frac{1}{4}$-cup servings thawed, drained cherries OR about 11.4 $\frac{1}{4}$-cup servings thawed cherries and juice OR about 5.90 $\frac{1}{4}$-cup servings cooked fruit and juice. CN Crediting: $\frac{1}{4}$ cup thawed cherries and juice OR $\frac{1}{4}$ cup of thawed drained cherries OR $\frac{1}{4}$ cup cooked cherries and juice provides $\frac{1}{4}$ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen cherries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened frozen cherries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cherries, red, frozen, unsweetened, unthawed

	$\frac{1}{4}$ cup (39 g)	$\frac{1}{2}$ cup (78 g)
Calories	18	36
Protein	0.36 g	0.71 g
Carbohydrate	4.27 g	8.54 g
Dietary Fiber	0.6 g	1.2 g
Sugars	3.5 g	6.99 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.41 mg
Calcium	5 mg	10 mg
Sodium	0 mg	1 mg
Magnesium	3 mg	7 mg
Potassium	48 mg	96 mg
Vitamin A	17 RAE	34 RAE
Vitamin A	337 IU	674 IU
Vitamin C	1.3 mg	0.7 mg
Vitamin E	0.02 mg	0.04 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Thaw cherries in the original container in the refrigerator. Allow 2-3 days to thaw (approximately 2 hours/lb). • Thawed cherries can be used right from the carton.
USES AND TIPS	<ul style="list-style-type: none"> • IQF cherries can be used in fruit cups or salads or in baked goods such as muffins, pies, cobblers, crisps, or breads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze cherries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.